

Mom's Homemade Italian Hamburger Helper

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/homemade-italian-hamburger-helper-recipe>

Ingredients:

- 1 pound pasta any bite-size shape
- 1 pound ground beef
- 1 teaspoon garlic powder or more if desired
- 1 tablespoon italian seasoning
- 16 ounces spaghetti sauce
- 8 ounces mozzarella cheese grated

Nutrition:

1. Calories: 940 calories
2. Carbohydrate: 103 grams
3. Cholesterol: 125 milligrams
4. Fat: 35 grams
5. Fiber: 7 grams
6. Protein: 51 grams
7. SaturatedFat: 15 grams
8. Sodium: 900 milligrams
9. Sugar: 14 grams
10. TransFat: 1 grams

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